

DR. MILLS, NEUROLOGIST, FINDS MUCH IN DREAMS

YOUNG persons who have taken up the fad of psychoanalysis and older ones too will be keenly interested in the accompanying interview with the noted neurologist, Dr. Charles K. Mills of Philadelphia. His views on this absorbing topic round out a series of articles discussing this subject from many angles and printed from time to time in the Magazine Section of THE NEW YORK HERALD. His findings that some good may be had from the study of dreams will delight the Freudians, but they will receive a severe shock when his analysis of the Freudian theory as to the origin of those dreams is read.

As an important and valuable addition to the many books, booklets and articles printed about psychoanalysis, Dr. Mills' interview doubtless will go down in the records as one of the most illuminating, fairest and most comprehensive yet presented.

By WILLIS STEELL.

WHY is the "unconscious" unconscious? Is not a question, as light minds may think, to be listed for patent absurdity with these others we have asked since childhood: When is a door not a door? Why does the hen cross the road? No, it is a serious scientific question that served a famous British physician, Ernest Jones, a close follower of Sigmund Freud, as the subject of an article published in 1919 in the *British Journal of Psychology*, and it occupied considerable space in a paper devoted to a comparison of practical and theoretical aspects of psychoanalysis read by Charles K. Mills, M. D., LL.D., before the American Neurological Association at Atlantic City on June 15.

Analysis of the soul in an attempt to diagnose more intimately the diseases of the delicate human brain is heir to no new thing. Scarce a philosopher before and since the time of Plato but has sought to cross the mystic border between what man thinks he is and what he really is. With Freud as a protagonist, with new theories of dreams and symbols for the interpretation of dreams, a great discussion was held by the most accredited neurologists of Great Britain fifteen years ago. Freud himself presented a paper, and a score of doctors, all eminent, argued for and against the new theories, and each one offered testimony culled from his own practice. The subject then threshed out seemed about to become popular, but the Briton is slow to admit new ideas, and it died out. For fifteen years there was indifference and the name of Freud was by general consent added to the list headed in the popular mind by Paracelsus.

Psychoanalysis Now Stirs the Public

Both in England and America within a year this condition of apathy in England has been succeeded by a lively interest, psychoanalysis ranking only second or third to internal strikes and Irish politics in the list of popular discussions, and innumerable practitioners, many of them without medical experience, and many doctors also, have begun to heal sick brains in the Freudian way.

There are signs that similar conditions are to be seen in this country. For a decade "the people" paid no attention to the squabbles of a new school of brain healers and the more temperate physicians who opposed it or but partly indorsed it. Now psychoanalysis is being talked of everywhere, with more or less understanding of it, and here as in England men and women who never studied medicine are starting up as professors of what the academics still call the pseudo-science of Freud.

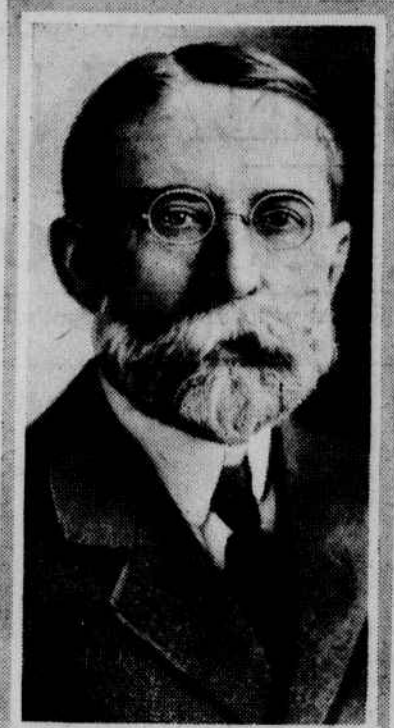
Since the discussion of psychoanalysis has progressed out of the academic stage—and there is always an element of danger in ignorance of what soul study really is—the utterance of a broad minded man, a doctor of mental and nervous diseases of fifty years' experience, was bound to be widely heard. And Dr. Mills' address at Atlantic City was heard countrywide. By the fairness of his attitude toward pronounced Freudians and his wish that their ideas should win a thorough trial on their merits it is certain that the criticism of them by this master neurologist will count for all it is worth.

Dr. Charles Karsner Mills was born in Philadelphia in 1845 and was graduated from the University of Pennsylvania in 1869, receiving from it two years later the degree of Ph. D. His field in medicine is neurology, which he still practices; for thirty-five years he taught on the subject in the University of Pennsylvania, with which he is still connected as emeritus professor; he is consulting neurologist to the Philadelphia General Hospital and to the Philadelphia Orthopedic Hospital and Infirmary for Nervous Diseases. Age and experience have mellowed him and broadened his views until narrow ideas are foreign to him; that this is so was indicated by a remark which he made subsequent to the delivery of his now famous address to the effect that as he was still here he believed it was because there were still things to learn. Then he began:

"Although I am not a charter member of the American Neurological Association, yet you see in me its oldest member. In the forty years of my connection with it many new things have come up, many theories have perished, and progress, certain if deliberate in its pace, has been made. I cannot agree with those who claim they see absolute novelty in the ideas of Freud. These ideas are almost as old as the race, and even their present aspect is a matter of a quarter of a century. I have used something like them in my own practice for many years, and I am always ready to study any new system that holds out a hope of perfecting my diagnosis.

"What has occurred in Great Britain, what is occurring here to assist or retard the acceptance of psychoanalytical methods interests me deeply. I follow with eager zest all new discussion, and particularly every new development. That obtained at the meeting last year of the British Medico-Psychical Association at Buxton was of profound value to all open minded men. It revealed discord in the ranks of Freudians themselves and gave data from which it was pos-

Dr. Charles Karsner Mills, famous Philadelphia physician, who says he is a true psychoanalyst, though not accepting Sigmund Freud's theories about dreams.



sible to derive the temper of the association. It was divided; and this, I think, the judgment to date of the medical profession, summed up in the words 'not proven.'

"For myself, I believe in psychoanalysis but not in Freud."

The reliance being placed on dreams and the way the practicing psychoanalysts who are that or nothing lean on symbolism was working, Dr. Mills thought, in a way detrimental to this psychiatric aid. And the absolute cutting away of the unconscious man from the same man in his waking life seemed to be taking what might be scientific data into the realm of the mystic and supernatural.

"Subconsciousness, by which they explain, or seek to everything, is a greater marvel in itself than any it explains. What may not this unweighed force, a thing that uses its own muscular force for its own ends, impinge on us poor mortals?" asked Dr. Mills, and he added: "Considering the phenomena of dreams, what things we do, what sights we see in them. No mortal is safe from being exposed to the ridicule, the indignity of dreams."

The Dream That We Can Recall Occurs Only in Shallow Slumber

"Under the lead of Freud, the symbolism of dreams has apparently become the chief support of direct psychoanalysis, which without dream analysis would probably have soon fallen to the ground.

"In very profound slumber it is probable that we do not dream any more than we do in what might be termed the knockout unconsciousness resulting from a blow. The dreams which can be studied directly in our waking hours, or which can be reproduced by special processes as by hypnosis and deep abstraction, represent what occur in the dormital, post-dormital and intra-dormital states, that is, in states preceding or following sleep, or in a period of intercalated, shallow slumber.

"Recall a few elemental, well known facts regarding dreams. They are dependent upon experiences recent or remote; they may be in their content either contemporaneous, retrospective or prospective. They are usually initiated by recent and often very recent experiences. Once initiated, the dream fantasies through free associations may carry back in time and expand more or less indefinitely. The prospective, or anticipatory, content of dreams, as Peterson has pointed out, has been largely neglected by psychoanalysts in general, in spite of the fact that wish fulfillment plays a large part in the Freudian dream theory.

"I have analyzed or at least studied many dreams, not only those I've dreamed myself but those of my patients. In this study I have particularly made an effort to inquire into the dreams of persons of different types and ages. A few dreams are not only frankly sexual but they may be both retrospectively and prospectively sexual, depending largely upon the contemporaneous existence of sexual ideas, tendencies and even experiences of the dreamer. Dreams as to hunger and thirst usually have their initiation in recent or contemporaneous sense experiences of the individual or in the verbal or written record of his friends.

"I believe that the currents of dream consciousness are a kind of reflection of the currents of waking moments, as a sort of 'moonlit underworld of daily common life, with wider horizons as to past and future,' to quote the admirable description of Dr. Peterson.

"It is the manifest content of dreams which chiefly concerns the dreamer and should chiefly concern the analyst. Symbolic meaning may, of course, sometimes be found in this manifest content, and its vagueness may be cleared away and its limits expanded by processes of hypnosis or abstraction or perhaps by appropriate and legitimate methods of soul study. I do not, however, believe in the 'latent dream thought' theory of Freud. This is an invention of the analyst to enable him to get out of his difficulties in proving his sexual theory. The so-called latent content is in the mind of the analyst and not in that of the dreamer.

Patient Usually Is Helpless In Mesh of the Psychoanalyst

"Therefore I deprecate the third degree process of the followers of Freud, who insist and persist in putting things in the patient's mind and who usually succeed in getting there what they say they are expecting."

The analyst, said Dr. Mills, reads much into dreams by direct analysis, but more by suggestion.

"I know," explained he, "this statement is denied by advocates of psychoanalysis, but the briefest examination will show that it has in it much of force and truth. The patient, and especially the private patient, as a rule comes to the office of the psychoanalyst fully aware that the doctor is a believer in the sexual theory. He may make up his mind to deny the essential sex problem, but he is helpless because he is usually

Believes Psychoanalysis Useful in Many Cases but Does Not Accept Freud's Theories as to Origin of Subconscious Thought--With the Late Dr. Weir Mitchell, Famous Philadelphia Physician Met Great Success in Diagnosis by Study in Common-sense Way and Sees Great Benefit in Use

in an enfeebled state of mind, a state that can't be directed by himself. He can't get away from the mesh. But it is the analyst himself who is actually the victim of a powerful auto-suggestion. This compels the analyst, in spite of his desire to be honest, to search for sexual reactions and to read these into his analytic processes.

"In one of the very recent accounts of a psychoanalyst of a case he had treated the doctor first used the method of word association, then supplemented this with suggestion, persuasion and bulldozing, and thus he was able to get the data he wanted. The method employed in direct psychoanalysis and in that of dreams is a stimulus not only to the imagination of the patient, but it also teaches him to lie."

Is subconsciousness more than the psychical side of the molecular changes that are going on in the nervous system? Dr. Mills in reply to this question said that the search for truth must be made in the light of the constant factors of human life, and not in its aberrations. Double consciousness and double identity are well known forms of insanity, and divinity or truth is no more to be sought for in them than in the excited states of dream or wakefulness when all sorts of extraordinary things are seen by the waker or the dreamer, who, nevertheless, is aware that he is all the time observing his own hallucinations.

Many Miracles to Be Found

If Hallucinations Are Counted

No more is discovered by these methods of probing or suggesting than the soothsayers of ancient Rome discovered in the entrails of a bird or an animal. Then eccentric variations from type were so frequently found that miracles became commonplace. In the celebrated novel "The Cloister and the Hearth" a person asked why the market place was so black with groups of people, and a bystander explained in these words: "Ye born fool! It is only a miracle."

In some such phrase Dr. Mills would belittle the so-called great truths that by direct analysis and by suggestion the soul searchers for erotic things draw up out of the depths of their patients' unconscious or subconscious mind.

"Is it true," asks Dr. Mills, "that the correlations which have been established during the last fifty years between structural alteration and brain functions are so trifling after all, in the light of what we have learned through anatomy, physiology and clinico-pathology, regarding the cerebral representation of motion, sensation, tonicity and speech, and even of emotion and concrete and abstract thinking? Are these not worth more than all the purely psychic speculations regarding mental phenomena? A medical theory which cannot bring to its support the data and principles of such sciences as anatomy, physiology, chemistry and pathology has in it elements of weakness which must throw doubt upon its validity.

"To define or explain consciousness is by no means easy. Even so great a psychologist as William James declines to define the term and confines himself to the descriptive or analytic level. At the recent joint meeting of three British societies concerned with psychological questions, a symposium was held during which was discussed the rather cryptic question, 'Why is the "unconscious" unconscious?'

"Maurice Nicoll presented the common psychoanalytical view and concerned himself with what he termed 'collective unconscious,' by which he means the 'accumulated ancestral unconscious' of an individual, not simply for a few generations, but the thousands of ancestors during a million years. To him the unconscious is not a personal but an impersonal matter.

Only Another and Poor Way

Of Putting the Heredity Question

"After all, this is only another and not very satisfactory way of putting the great question of heredity. One may inherit traits, tendencies, capacities or incapacities, but never an isolated memory or thought.

"W. H. R. Rivers disagreed with Nicoll and with his other fellow-analyst, Ernest Jones. He believes that what is repressed within the unconscious is chiefly that part of the instinctive which is not useful to the developing personality of the individual.

"Ernest Jones assailed the point of view of both Nicoll and Rivers. He considers neither of them tenable and attacks Jung's idea of the unconscious. Jones is a hedonist and accepts the pleasure-pain theory in explaining sexual repression in the 'unconscious.'

Confusion worse than these varying theories among the psychoanalysts themselves grows out of the interminable terminology adopted by the practitioners of the cult, and many of these terms, Dr. Mills thinks, are far from being either descriptive or explanatory.

"In psychoanalysis," said he, "this tendency to division and subdivision, to the invention of new terms or the application of old terms to new uses has been carried to excess. Each new investigator is not happy, it would seem, until he has invented a few of his own.

"Starting with the terms relating to consciousness, we are confronted with libido, fixation, repression, sublimation, regression, compensation and even constellation. Different psychoanalysts use these terms differently. In the case of 'libido' Freud gave it a meaning associating it with sexual instinct or desire; Jung tells us it has a more general, energetic significance. 'Narcissism' is a word introduced by Havelock Ellis, and at once it was speedily adopted by Freud. It derives its meaning from the myth of the youth Narcissus, who admired himself altogether too much, since it led to his destruction.

"But of all the new vocabulary the word 'complex' has had the greatest success. This word was originally invented by psychoanalysts to extricate themselves from the difficulties which arise in the consideration of ideas in the unconscious supposed to have emotional or instinctive associations. Freud, ever on the alert for new philological weapons, adopted the term 'complex' until now the Freudians, in common with those of other psychoanalytical schools, fairly revel in complexes. Lastly came the root complex, best exemplified in the Oedipus complex. This has grown to be a sort of 'psychic measuring unit' or foot rule. Ernest Jones found it in the character of Hamlet. The

tragedy of Oedipus, as related by the poet Sophocles, is thus put under a heavy burden."

To simplify medical treatment, to lean on nature for what fresh air, rest and relaxation she will give and meanwhile to study the individual patient were aims in psychiatry that Dr. Mills said he had always pursued in common with the late Dr. Weir Mitchell, a famous fellow physician of his native city.

"We were psychoanalysts of our own kind," said he, "and what is fundamentally good in it I believe Dr. Mitchell extracted. Neither he nor I nor Dr. Goodell, dead also, neglected problems of sex. That these problems are in every individual it requires no deep knowledge of human nature to determine, but none of us cared to pursue the search for them what has come to be denominated the third degree of the psychoanalysts. In my years of activity in the university I was earnest in seeking to learn all I could about the mysteries of life. And when this psychoanalytical treatment of mental and spiritual disease came to the fore I experimented with it. It is well known that I opened a psychoanalytical clinic and placed in charge of it one of my valued assistants. I supervised and from observation arrived at certain conclusions.

"The main conclusion was this: I made up my mind from our experiments that it was impossible to prosperously carry on a sexual-psychoanalytical analysis in a general hospital or outdoor clinic. To do so, I believe, leads to more harm than good.

"Sifted down, about all that is claimed by Freud himself, when the intervening glamour is blown away, is that success may be arrived at by soul analysis in determining the causation and treatment of certain functional nervous and psychic affections embraced under these three heads: (1) Anxiety, (2) Hysteria, (3) Compulsion.

"Freud claims that he has had tremendous success in the treatment of such cases. I say that Dr. Weir Mitchell and I have met with the same success by less objec-

tionable methods. I deny that the psychoanalysts of Freud's school have put anything 'over' on us either in treatment or in diagnosis.

"In insanity cases the Freudians acknowledge they have largely failed. Their chief boast is that they have thrown new light on the sexual origin. There have been instances in my own practice where the methods advocated by them have produced good results. But I applied them only after a profound study of the patient. I do not, therefore, belong in the category of critics who, the psychoanalysts say, have no right to pass judgment on them—that is, critics who have not themselves experimented with psychoanalysis. As a matter of fact, I had been a student of it long before I heard Freud's name; and in the best and only true sense, that of nature and common sense as well as science, I feel justified in calling myself a true psychoanalyst.

"I go further, and say that even an academic psychologist or a good practitioner of nervous diseases has the right to give his opinion on the Freudian theory. My claim for myself and the other physicians of this city who approached psychoanalysis with open mind is that we have a right to decide how much of it is valuable, how much is objectionable, from a standpoint of actual professional experience with our patients.

"By their dissenting views the psychoanalysts may be convicted out of their own mouths. They differ, it is true, in many things, but they practically agree in one idea. This is the idea which I consider most objectionable, the idea of sexual origin and sexual analytical treatment.

"Having dwelt long enough on the destructive side let me say a word, at least, of the benefits to be derived from the use of psychoanalysis in professional practice. It has turned the attention of many physicians to a closer examination of the sex problem in their patients. Such scrutiny often is most essential; the evil lies in attributing everything in the nature of a mental disturbance to it.

"It is my belief, therefore, that the propaganda for psychoanalysis has been of considerable benefit to physicians and psychologists in that it has directed their attention to the more minute and profound study of sex and to other energetic phenomena, although the study of sex problems has never been neglected entirely by the really able exponents of neuropsychiatry.

"Some neurologists and alienists have perhaps shown a tendency to push aside or to dodge sexual investigation, but I do not believe that this is true of the best practitioners of this department of medicine. They have steered a middle course between the tendency to include and to avoid sex problems, occasionally perhaps because of their peculiarities of temperament and social development tending to neglect the difficulties of the sexual situation.

Liken the Evils of Psychoanalysis To Those of the Mysticism Craze

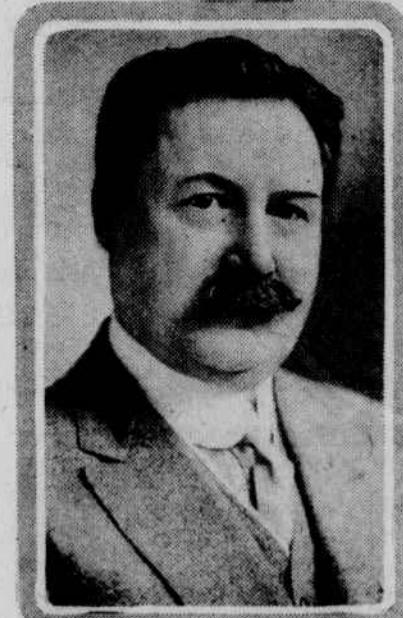
"With regard to the evils and dangers of psychoanalysis, they are the same as those which are inflicted on the profession and the community by the too intense concentration on mystic and semi-mystic subjects such as spiritism, divine healing, &c., and the therapy of shrines. I do not hesitate to say that great evils have come to pass from the propaganda favoring these so-called forms of cure.

"To my mind it is the same evil which may come and which has come from the active propaganda of psychoanalytic teaching. I don't refer to what is so often expressed as the moral injury to the community, but my belief is simply that which I think every rational physician is likely to hold, that much of evil and danger may come from the advocacy and practice of any irrational form of treatment.

"The danger I dread then is both general and particular. Either way a persistence in pushing to the extreme the sexual theories of the ardent psychoanalyst, the firm believer in Freud, threatens the moral tone and impairs the moral fibre of a country."

Women's Part in Crime Wave

William J. Burns, noted detective, who says women are not natural criminals and seldom initiate offences against the law.



WOMAN and crime are two words that the mind of the world has not associated, in spite of many exceptions flagrant in history. The psychology of both sexes was against such association or commonly supposed to be so until recently. Now, this psychology has changed so greatly that many old standards are down, and a principal one of these is that woman isn't by nature calculated for committing crime.

There is doubt about this question still and opinions are divided among policemen, detectives, prosecuting attorneys and lawyers whose practice is chiefly in the criminal courts. Joab H. Banton, Acting District Attorney of New York county, made this general statement, based on experience with criminals:

"I used to believe," said he, "that women involved in crime were commonly victims of circumstances, rarely the instigators of evil doing and almost always capable under right instruction of reform.

"My experience of the last eighteen months has made me change my mind. I have studied in that period hundreds of woman criminals, listening many times to their own stories. I have found women among them who are capable of any degree of crime. I have found many more who seem to have no moral sense whatever.

"Is there a new type of woman from which criminals are readily developed? Really, in my search for motive and condition and circumstance, attendant on every crime, I have tried to go deeper and study the soul of the criminal. In the case of women what I have found has surprised and shocked me."

Man Is the Arch Instigator Of Crime, Says Detective

Precisely the opposite testimony was given by a famous detective who conducts a bureau which is almost the first resort of officials and individuals who have been menaced in their private lives by criminals. William J. Burns said:

"Only in the rarest cases are women found to be instigators of crime. In nine instances out of ten of crimes where I have been called in to ferret out the criminal I find the arch criminal to be a man.

"My experience leads me to say, therefore, that women seldom offer initiative in crime." The doctors disagree widely, as is usual in all cases, but what they say will not con-

Vast Increase in Feminine Offenders Day's News Shows, and Acting District Attorney Is Shocked at Facts--Noted Detective Disagrees

clude the subject for people who are constant readers of the newspapers. The people in general are in the habit of forming conclusions from the criminal facts of every day. In spite of their inherited belief in the natural goodness of women, what are they to think when they read of girls being arrested for burglaries to which men were not admitted either before or after the crimes, of women used as "lookouts" by male desperadoes, of other women who serve not as mere accomplices of criminals but actually crimes and very often carry their evil plans to what they call a successful end?

In murder the women have proceeded along cold blooded ways that sometimes put in shadow those of men. Dark and intricate, hidden by tricks that may fairly be called feminine, the working of women in this horrid art gives some reason to a celebrated author's elevation of it among the fine arts. The Kaber case, now being elaborately unveiled in the public prints, is a notorious feminine example. Others which preceded it in time have brought to justice several women instigators of murder.

In "stickup" games so boldly carried out in broad daylight women have been active participants. The young woman stylishly dressed who accompanied her "pal" to a jeweler's shop in Sixth avenue recently did not confine her efforts to the ensemble, but took an active part, biting and scratching, giving and receiving punishment equally, and when the game failed walking out calmly and losing herself in the crowd. She has not been caught, but her "pal" who was may yet "squel" on her.

New Type of Woman Criminal Apparent to Police Since War

How many women are helping their criminal companions to evade the Sullivan law by concealing weapons in their flimsy blouses is what the police are trying to compute. A sufficient number of weapons as well as kits of burglar tools have been found there by the officers after arrests to show that these are favorite places of concealment.

Those plain students of criminology—policemen, who don't brag of their knowledge of psychology and who never use the word—are convinced by everyday experience that women have changed. Once they would have said that every woman thief, badger and other criminal, leading off with black-mailer, was "man made." They don't agree to that now, but say that since the war a new type of woman criminal has sprung into being—one who is a natural thief or black-mailer, born for the ulterior purpose of preying on society.

Detective William J. Burns is the individual familiar with the annals of crime and active in warfare against it to-day who is not in agreement with the Assistant District Attorney whose belief in the general depravity of the female criminal of the day was summarized above. On the contrary, he gave it as his opinion that only rarely did a woman initiate a crime. Said he:

"In England and the United States out of every 100,000 population the proportion of crimes of malice is 15 per cent., of crimes of lust 10 per cent., and of crimes of greed 75 per cent.

"Recent statistics of Great Britain show that out of a total of 123,389 prisoners sentenced in 1905-06, 44,294 were women. These proportions indicate that women are less

Joab H. Banton, Acting District Attorney of New York county, who is shocked by the extent of crime among women.



criminal than men, because when a woman wants a crime committed she can generally find a man to do it for her.

"Women seldom show initiative in evil-doing except when they yield to certain base passions. A curious fact in female crime is that one-seventeenth of the women committed to prison have already been convicted from eleven to twenty times."

Mr. Burns has kept a degree of faith in feminine human nature that may seem surprising in a man of his experience, and his candid discussion of this phase of criminology was significant. Said he:

"Crime in its very nature is abhorrent to women, and I say this in face of the various modern instances where they have practiced it. My statement is a general one, but it grows out of what I have myself seen and learned. When a woman is mixed up in a bad thing, something she knows she will be imprisoned or otherwise punished for if discovered, she dreads it for itself but is carried into it by her affection for some man.

Crimes Evolved by Women Are the Hardest to Solve

"There have been, if it is true, wonderfully clever women criminals, and when women of their own volition adopt a life of crime, a rare occurrence, as I have found, they take immense precautions against discovery. Women crimes are the hardest to solve because of the numerous leads they have opened up to cast suspicion anywhere but on themselves. Their intuition helps them to ways of concealment that men seldom think of. A smart woman thief calls into play twice as many aptitudes on the part of the thief catcher as a man does.

"You see the old adage, *Cherchez la femme*, applies to most men criminals. They will confide in a woman, and that often leads to their undoing. Few woman criminals take a man into their confidence, for several reasons. One is that the basest woman or the most hardened will still put up a bluff to the man she cares for and she will hide her depravity from him as long as she can. This takes away one of the simplest methods of catching a criminal.

"Crime and the methods of criminals change with the times, of course, but it remains a fact to-day, as it always has been, that the most successful crimes are carried off with the aid of women. Their aid in burglaries is a feature of the present day. Women visit a house either in the guise

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